

Health Education
Suggested Scope and Sequence of Health Concepts
Tobacco, Alcohol and Other Drugs

Core Concepts	K-2	3-5	6-8	9-12
Short and long term benefits and risks of medicine	☐	☐		☐
Tobacco harms health	☐	☐	☐	
Influences on tobacco use		☐	☐	
Choosing to be alcohol and tobacco free		☐	☐	☐
Short and long term effects of alcohol, tobacco and drug use		☐	☐	☐
Influences on alcohol and drug use		☐	☐	☐
Healthful choices about alcohol, tobacco and drug use		☐	☐	☐
Communicating healthful choices about alcohol, tobacco and drug use		☐	☐	☐
Benefits of not using alcohol, tobacco and other drugs		☐	☐	☐
Tobacco cessation				☐

Health Education
Suggested Scope and Sequence of Health Concepts
Injury Prevention and Safety

Core Concepts	K-2	3-5	6-8	9-12
Fire safety	☐	☐		
Water safety	☐	☐	☐	
Transportation safety	☐		☐	☐
Personal safety	☐	☐	☐	☐
Safety in the home	☐	☐		
First aid care and prevention	☐	☐	☐	☐
HIV prevention		☐		
Gun safety		☐	☐	
Violence prevention	☐	☐	☐	☐
Suicide prevention			☐	☐

Health Education
Suggested Scope and Sequence of Health Concepts
Nutrition and Physical Activity

Core Concepts	K-2	3-5	6-8	9-12
Healthy eating	☐	☐	☐	☐
Accessing nutrition information and products		☐	☐	☐
Influences on food choices and physical activity		☐	☐	☐
Balancing food intake and physical activity		☐	☐	☐
Benefits of physical activity and risks of inactivity		☐	☐	☐
Prevention of sports and exercise injuries	☐		☐	
Food safety		☐		☐
Effects of alcohol and drugs on fitness			☐	☐

Health Education
Suggested Scope and Sequence of Health Concepts
Family Life and Sexuality

Core Concepts	K-2	3-5	6-8	9-12
Families and relationships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Understanding and respecting diversity (e.g., gender, mental and physical disabilities, culture, race/ethnicity, sexual orientation, religion and age)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Growth and development		<input type="checkbox"/>	<input type="checkbox"/>	
HIV/AIDS		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Benefits of healthful sexual decision making			<input type="checkbox"/>	<input type="checkbox"/>
Dating Relationships			<input type="checkbox"/>	<input type="checkbox"/>
Abstaining from sexual intercourse			<input type="checkbox"/>	<input type="checkbox"/>
Effects of alcohol and other drugs on sexual behavior				<input type="checkbox"/>
Pregnancy prevention			<input type="checkbox"/>	<input type="checkbox"/>
Influences on sexual behavior			<input type="checkbox"/>	<input type="checkbox"/>
Prevention of sexually transmitted diseases			<input type="checkbox"/>	<input type="checkbox"/>

Health Education
Suggested Scope and Sequence of Health Concepts
Mental Health

Core Concepts	K-2	3-5	6-8	9-12
Personal assets and strengths (self esteem)	☐	☐	☐	☐
Emotional health	☐	☐	☐	☐
Conflict resolution	☐	☐	☐	☐
Anger management	☐	☐	☐	☐
Stress management		☐	☐	☐
Interpersonal relationships and communication	☐	☐	☐	☐
Addiction			☐	☐
Mental health problems e.g., eating disorders, gambling, self injury, depression)		☐	☐	☐
Interaction of alcohol and other drug use with mental health				☐
Mental health resources		☐	☐	☐

Health Education
Suggested Scope and Sequence of Health Concepts
Personal Health and Wellness

Core Concepts	K-2	3-5	6-8	9-12
Personal health care	☐	☐	☐	☐
Preventing disease and infection	☐	☐	☐	☐
Selecting and using health care products and services		☐	☐	☐

Health Education
Suggested Scope and Sequence of Health Concepts
Community and Environmental Health

Core Concepts	K-2	3-5	6-8	9-12
Community health services	☐			☐
Environmental health resource and conservation		☐	☐	
Protecting the health and safety of our community				☐
Social responsibility for the use of natural resources			☐	